

Vegetable Frittata

Meat Alternate-Vegetable

Main Dishes

D-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs OR		15 each		30 each	1. In a mixing bowl, use the paddle attachment on low speed to blend the eggs, egg whites, milk, salt, pepper, potatoes, vegetables, and cheese. Blend for 2 minutes.
Frozen whole eggs, thawed	1 lb 13 oz	3 1/2 cups 2 Tbsp	3 lb 10 oz	1 qt 3 1/4 cups	
Fresh large egg whites OR		13 each		26 each	
Frozen egg whites, thawed	1 lb	2 cups	2 lb	1 qt	
Lowfat milk		2 cups		1 qt	
Salt		1 tsp		2 tsp	
White pepper		1/2 tsp		1 tsp	
*Fresh potatoes, peeled, grated	1 lb	2 1/2 cups	2 lb	1 qt 1 cup	
Frozen mixed vegetables, thawed	2 lb	1 qt 1/2 cup	4 lb	2 qt 1 cup	
Lowfat cheddar cheese, shredded	4 oz	1 cup	8 oz	2 cups	
Vegetable oil		1 Tbsp		2 Tbsp	
Lowfat cheddar cheese, shredded	4 oz	1 cup	8 oz	2 cups	2. Pour 3 qt 1 cup (7 lb) of egg mixture into each lightly oiled steamtable pan (12" x 20" x 2 1/2"). For 25 servings, use 1 steamtable pan. For 50 servings, use 2 steamtable pans. 3. To Bake or Steam: Conventional Oven: 375 degrees F, 30 minutes Convection Oven: 350 degrees F, 25 minutes Compartment Steamer: 20 minutes Bake or steam until eggs are thoroughly cooked. (A knife inserted in the center will come out clean when eggs are cooked.) CCP Heat to 155 degrees F or higher for at least 15 seconds.
					4. Sprinkle 1 cup (4 oz) of cheese over each pan. Bake or steam until cheese is melted, about 5 minutes.
					5. Cut each pan in 25 pieces (5 x 5). CCP Hold for hot service at 140 degrees F or higher.

*See Marketing Guide

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Marketing Guide

Food as Purchased

For 25 Svgs

For 50 Svgs

Potatoes

1 lb 4 oz

2 lb 8 oz

SERVING:

1 piece provides the equivalent of 1 1/2 oz of cooked lean meat and 1/4 cup of vegetable

YIELD:

25 Servings: 6 lb 2 oz

50 Servings: 12 lb 4 oz

VOLUME:

25 Servings:

50 Servings:

Nutrients Per Serving

Calories	124	Saturated Fat	1.7 g	Iron	1.0 mg
Protein	10 g	Cholesterol	142 mg	Calcium	89 mg
Carbohydrate	10 g	Vitamin A	255 RE/2021 IU	Sodium	248 mg
Total Fat	4.9 g	Vitamin C	6 mg	Dietary Fiber	2 g